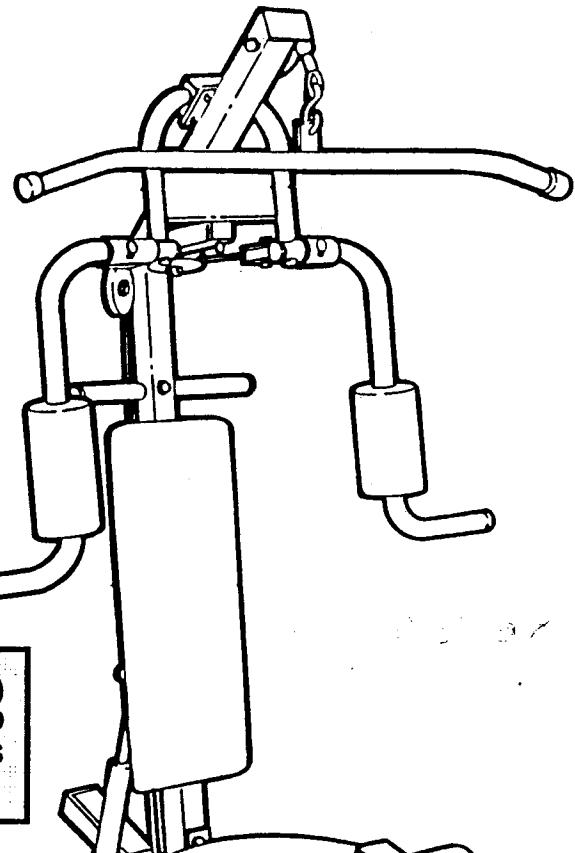
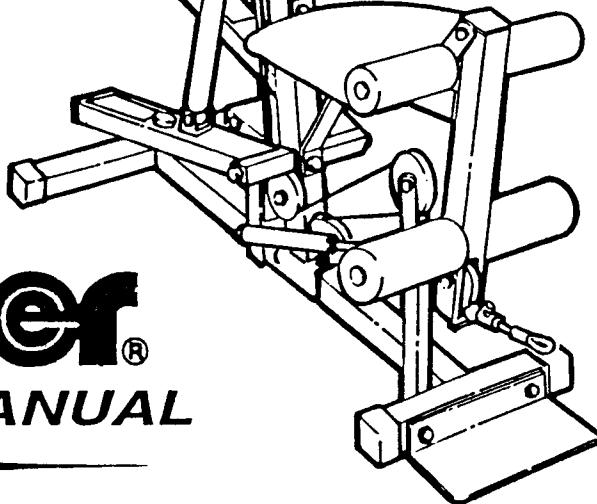


# E5100

(C)



THE HARDWARE (BOLTS AND NUTS)  
PACKED IN THIS UNIT IS METRIC AND  
WILL REQUIRED METRIC WRENCHES  
TO ASSEMBLE.



## **weider®** **OWNER'S MANUAL**

WEIDER is committed to providing you complete customer satisfaction. If you have any questions concerning the assembly of this product or find damaged or missing parts, we guarantee you direct assistance. AVOID THE HASSLE OF CONTACTING THE STORE FOR PARTS OR RETURNING THE PRODUCT. Call our "CUSTOMER ASSISTANCE LINE" for immediate assistance with parts and information by calling our toll free number 1-800-225-0653, Mon. - Fri., 8 am - 5 pm CST.

**IMPORTANT:** Read all safety precautions and instructions in this manual carefully before using this equipment. Save this manual for future reference.

Tools required for assembly include: a hammer, pliers, medium size flat head screwdriver, and two 6" adjustable wrenches.

This product must be assembled by an adult prior to use.

Do not destroy the packing and carton until the unit is completely assembled.

Periodically check the unit for bolt tightness and parts wear to insure that your equipment is kept in top condition.

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WEIDER HEALTH AND FITNESS  
21100 Erwin Street, Woodland Hills, Ca. 91367 USA

## REPAIR PARTS AND SERVICE

### IMPORTANT

#### BEFORE CALLING THE 800 NUMBER

IN ORDER TO RECEIVE SERVICE ON THIS PRODUCT YOU WILL HAVE TO FIRST SEND IN

YOUR WARRANTY CARD

**CUSTOMER SERVICE 1-800-225-0653**

ALL OF THE PARTS FOR THE WEIGHTBENCH CAN BE ORDERED FROM WEIDER HEALTH AND FITNESS, PARTS SERVICE DEPT., 900 WEST ST JOHN ST OLNEY, IL 62450. WHEN ORDERING, PARTS WILL BE SENT AND BILLED AT THE CURRENT PRICES. PRICES MAY BE SUBJECT TO CHANGE WITHOUT NOTICE. STANDARD HARDWARE ITEMS ARE AVAILABLE AT LOCAL HARDWARE STORES.

ALWAYS INCLUDE THE FOLLOWING INFORMATION WHEN ORDERING PARTS:

MODEL NO. NAME OF PART ORDERING NUMBER

### WARNING

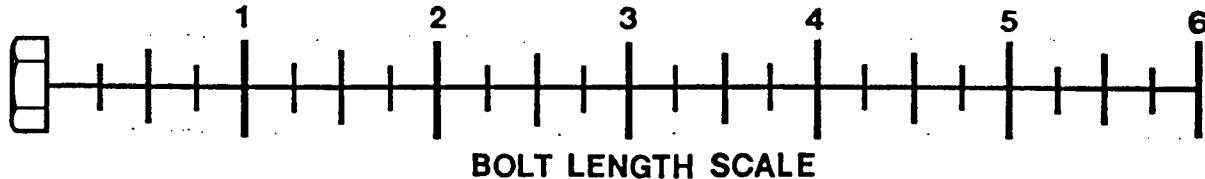
#### CONSULT YOUR PHYSICIAN

CONSULT YOUR PHYSICIAN BEFORE STARTING YOUR EXERCISE PROGRAM. IT IS ADVISABLE TO HAVE A PHYSICAL EXAMINATION BY YOUR PHYSICIAN BEFORE YOU ENTER ANY EXERCISE PROGRAM.

FOR YOUR OWN SAFETY, DO NOT BEGIN ANY EXERCISE WITH OUT PROPER INSTRUCTION.

#### TRAIN WITH A PARTNER

IT IS RECOMMENDED THAT AN INDIVIDUAL SHOULD NOT WORK OUT WITHOUT A TRAINING PARTNER IN ATTENDANCE. SET UP YOUR PROGRAM TO ACCOMMODATE TWO PEOPLE AND YOU WILL BE HIGHLY MOTIVATED.



## BEFORE BEGINNING ASSEMBLY READ THE FOLLOWING

THIS PRODUCT REPRESENTS THE STATE OF THE ART IN TECHNOLOGY IN HOME FITNESS EQUIPMENT. EVERY EFFORT HAS BEEN MADE TO BRING YOU A PRODUCT OF THE HIGHEST QUALITY AND WORKMANSHIP. WE HOPE YOU WILL FIND THIS PRODUCT BENEFICIAL TO YOUR PHYSICAL CONDITIONING AND WELL BEING.



### HELPFUL HINTS FOR ASSEMBLY

1. TOOLS REQUIRED FOR ASSEMBLY INCLUDE: A HAMMER, PLIERS, A MEDIUM SIZE FLAT HEAD SCREWDRIVER, AND TWO 6" ADJUSTABLE WRENCHES.
2. PRIOR TO BEGINNING THE ASSEMBLY OF THIS PRODUCT WE RECOMMEND THAT YOU TAKE A FEW MINUTES TO UNPACK AND LAY OUT ALL THE PARTS SO THEY CAN BE EASILY IDENTIFIED. IT IS EXTREMELY HELPFUL IF THE CONTENTS OF THE HARDWARE BAG ARE EMPTIED OUT AND LIKE PARTS GROUPED TOGETHER; 5/16" X 2" HEX HEAD BOLTS TOGETHER, ETC. A HANDY PLACE TO HOLD THE HARDWARE MIGHT BE TO USE THE INSIDE OF THE CARTON TOP. AFTER GROUPING PARTS AGAINST THE PARTS LIST TO IDENTIFY PARTS AND SIZES, WRITE THE SIZE AND PART NAME BESIDE EACH PART SO YOU KNOW EXACTLY WHICH PART TO GO TO FOR A PARTICULAR ITEM.
3. AFTER COMPLETING EACH ASSEMBLY STEP PLACE A CHECK MARK ( X ) IN THE BOX PRECEDING IT. BY CHECKING THE BOXES AS YOU GO, IT IS VERY EASY TO FOLLOW ALONG THE ASSEMBLY WITHOUT RE-READING TO FIND YOUR PLACE.
4. YOU WILL NOTICE THAT AT THE BEGINNING OF EACH ASSEMBLY STEP THERE IS A HARDWARE LIST SHOWING THE QUANTITY AND DESCRIPTION OF THE HARDWARE REQUIRED TO DO ALL ASSEMBLIES IN THAT STEP. BY PRE-SELECTING THE HARDWARE FOR EACH STEP, YOU WILL SAVE TIME AND CONFUSION.
5. TAKE NOTE OF ANY SPECIAL WARNINGS, CAUTIONS, NOTES OR NOTICES. LAY OUT UNASSEMBLED PARTS: FAMILIARIZE YOURSELF WITH THE DRAWINGS, THEN READ AND UNDERSTAND THE INSTRUCTIONS THOROUGHLY.
6. THIS PRODUCT MUST BE ASSEMBLED BY AN ADULT PRIOR TO USE.
7. DO NOT DESTROY THE PACKING AND CARTON UNTIL THE UNIT IS COMPLETELY ASSEMBLED.
8. DO NOT DESTROY THE INSTRUCTION MANUAL, USE IT FOR ORDERING REPLACEMENT PARTS.
9. TO HELP SECURE PLASTIC CAPS IN TUBING IT IS ADVISABLE TO GLUE ON ALL PLASTIC CAPS DURING ASSEMBLY USING ANY HOUSEHOLD TYPE GLUE.
10. PERIODICALLY CHECK THE UNIT FOR BOLT TIGHTNESS AND PARTS WEAR TO INSURE THAT YOUR EQUIPMENT IS KEPT IN TOP CONDITION.
11. WITH CONTINUED USE THE MOVING PARTS OF THIS UNIT WILL BECOME STIFF AND POSSIBLY BEGIN SQUEAKING. LUBRICATE THE MOVING PARTS WITH ANY HOUSEHOLD LUBRICATING OIL. NOTE: IT MAY BE NECESSARY TO PARTIALLY DIS-ASSEMBLE THE PARTS TO LUBRICATE THE PARTS PROPERLY.

# PART LIST E5100

DIAGRAM NO.	PART NAME	QTY	ORDERING NO
1	MAST TOP SECTION	1	T3142-E34*E34
2	MAST BOTTOM SECTION	1	T3143-E34*E34
3	BASE	1	T3144-E34*E34
4	BASE PLATE	1	T3145-E34*E34
5	SEAT FRAME	1	T3146-E34*E34
6	MOUNTING PLATE	2	T6745-E34*E34
7	SEAT BRACE	1	T3147-E34*E34
8	BACKREST	1	T1361-E34*E34
9	SEAT	1	T1362-E34*E34
10	LEG EXTENSION	1	T3148-E34*E34
11	SMALL FOAM PADS 2 1/4" X 6"	2	T0449-E08*E34
12	LARGE FOAM PADS 3" X 5 3/4"	2	T0412-B18*E34
13	3 1/2" PULLEYS	11	AA-8162*E34
14	CABLE	1	T6626-E34*E34
15	RIGHT PEDAL	1	T3149-E34*E34
16	LEFT PEDAL	1	T3150-E34*E34
17	PEDAL ROCKER ARM	1	T3151-E34*E34
18	RESISTANCE CYLINDER	2	ZZ-0002*E34
19	CYLINDER MOUNTING BRACKET	2	T6940-E34*E34
20	NON-SLIP FOOT PADS	2	AA-8163*E34
21	ARM PRESS CAP	1	AA-8160*E34
22	ARM PRESS ASSEMBLY	1	T3152-E34*E34
23	ARM	2	T3153-E34*E34
24	ARM PRESS PAD 4" X 8"	2	T0440-D28*E34
25	ARM PRESS STRAP BRACKET	2	T6941-E34*E34
26	GAS SHOCK	1	ZZ-0007*E34
27	RESISTANCE SETTING CAM BAR	1	T6942-E34*E34
28	LAT BAR	1	T6803-D35*E34
29	DUMBBELL HANDLE	1	AA-8120*E34
30	ANKLE STRAP	1	EE-0074*E34
31	PAD BAR	2	T6207-C19*E34
32	RIGHT PULLEY BRACKET	1	T6943-E34*E34
33	LEFT PULLEY BRACKET	1	T6944-E34*E34
34	CABLE TRAP BRACKET	7	T6945-E34*E34
35	STEPPER HANDLE	1	T6333-E28*E34
36	ACCESSORY ROPE	1	T6602-D23*E34
40	STATION 1 DECAL	1	DE-4156*E34
41	STATION 2 DECAL	1	DE-4191*E34
42	ARM PRESS DECAL	1	DE-4203*E34
43	RESISTANCE SCALE DECALS	1 SET	DE-4204*E34
50	5/16" X 2 1/4" CARRIAGE BOLT	1	HH-5406*E34
51	5/16" X 2 1/2" HEX HEAD BOLT	1	HH-5205*E34
52	1/4" X 2 3/4" MACHINE SCREW	2	HH-5407*E34
53	1/4" X 3 1/4" MACHINE SCREW	8	HH-5408*E34
54	5/16" X 2 3/4" HEX HEAD BOLT	2	HH-5402*E34
55	5/16" X 3 1/2" HEX HEAD BOLT	1	HH-5103*E34
56	5/16" X 1 3/4" HEX HEAD BOLT	7	HH-5403*E34

# PART LIST E5100

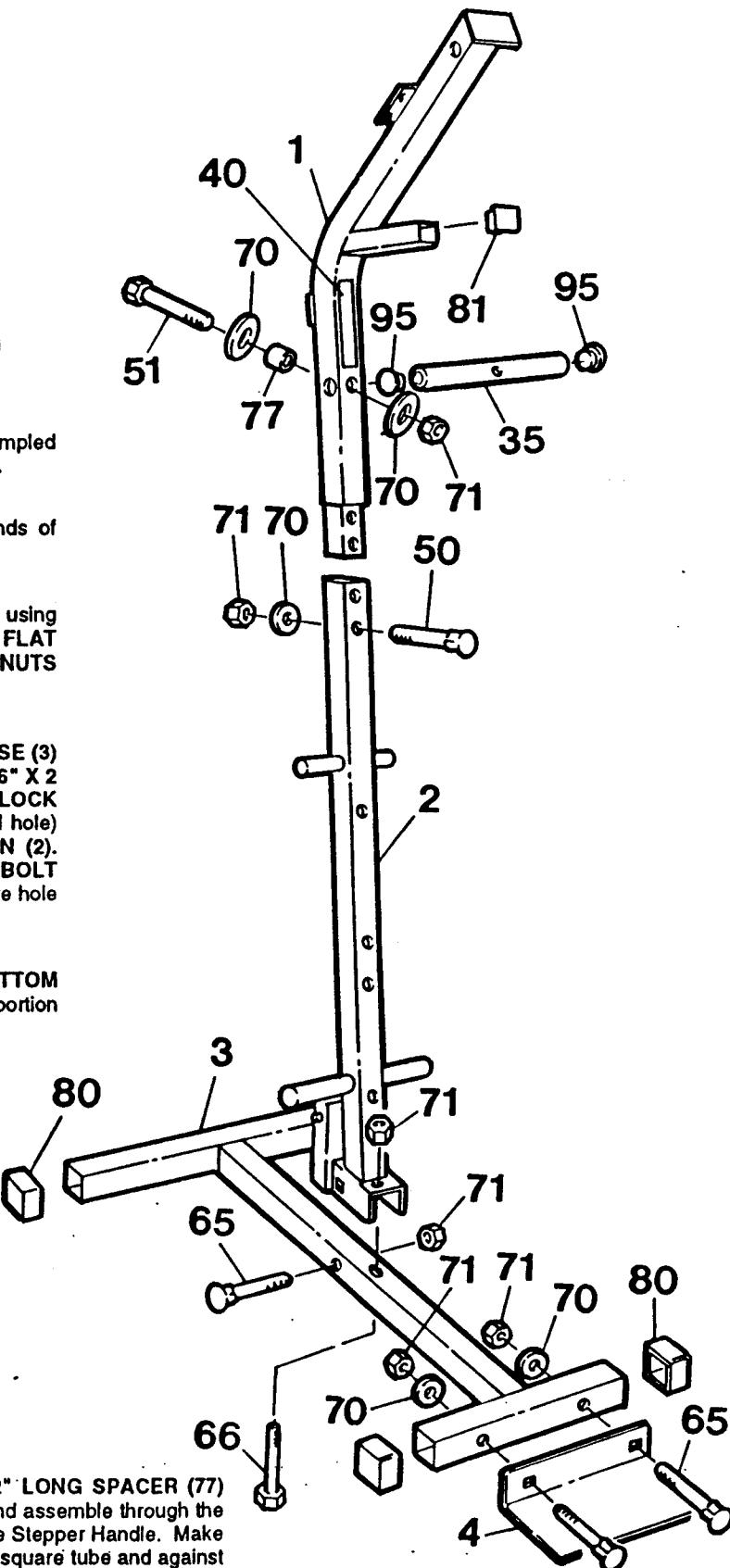
DIAGRAM NO.	PART NAME	QTY	ORDERING NO
57	3/16" X 1/2" MACHINE SCREW	2	HH-5372*E34
58	3/16" X 3/4" MACHINE SCREW	2	HH-5410*E34
59	5/16" X 1 1/2" HEX HEAD BOLT	2	HH-5100*E34
60	1/4" X 1" FLAT HEAD MACHINE SCREW	2	HH-5415*E34
61	3/8" X 4 1/4" HEX HEAD BOLT	1	HH-5411*E34
62	5/16" X 4 1/2" HEX HEAD BOLT	1	HH-5404*E34
63	1/4" X 1 3/4" CARRIAGE BOLT	2	HH-5409*E34
64	5/16" X 2 3/8" HEX HEAD BOLT	1	HH-5173*E34
65	5/16" X 2 1/2" CARRIAGE BOLT	8	HH-5239*E34
66	5/16" X 2 1/4" HEX HEAD BOLT	1	HH-5405*E34
68	3/8" NYLON LOCK NUT	1	HH-5102*E34
69	3/8" JAM NUT	3	HH-5356*E34
70	5/16" FLAT WASHER	26	HH-5412*E34
71	5/16" NYLON LOCK NUT	28	HH-5104*E34
72	PIN	2	WW-7056*E34
73	1/4" NYLON LOCK NUT	6	HH-5093*E34
74	SMALL S-HOOK	1	WW-7055*E34
75	LARGE S-HOOK	1	WW-7030*E34
76	SPACER 5/16" X 1/4" LONG	2	HH-5413*E34
77	SPACER 5/16" X 1/2" LONG	1	HH-5414*E34
80	2" SQUARE FOOT CAP	4	AA-8152*E34
81	1 1/4" SQUARE PLASTIC CAP	1	AA-8069*E34
82	2" SQUARE PLASTIC CAP	2	AA-8002*E34
83	3/4" ROUND PLASTIC CAP	4	AA-8161*E34
84	5/8" TUBE CAP	2	HH-5357*E34
85	1" TUBE CAP	2	HH-5348*E34
86	5/8" SPACER	2	AA-8159*E34
87	1" SPACER	2	AA-8166*E34
88	PEDAL INSERT BUSHING	4	AA-8137*E34
89	RUBBER BUMPER	2	AA-8145*E34
90	1 1/2" X 3" PLASTIC CAP	2	AA-8130*E34
91	TENSION KNOB	2	HH-5401*E34
92	LARGE WASHER	2	HH-5416*E34
93	ARM PRESS BUSHING	2	AA-8165*E34
94	1 1/4" ROUND PLASTIC CAP	4	AA-8010*E34
95	1" ROUND PLASTIC CAP	2	AA-8005*E34
96	1" ROUND COVER CAP	2	AA-8093*E34
97	NYLON WHEEL	2	AA-8136*E34
98	ARM PRESS SPACER	4	AA-8164*E34
	HARDWARE BAG (BOLTS & NUTS)	1	T5925-E34*E34
	HARDWARE BAG (PLASTICS)	1	T5926-E34*E34
	ASSEMBLY MANUAL	1	TNN-1148C*E34

\* SPECIFICATIONS ARE SUBJECT TO CHANGE WITHOUT NOTICE

## STEP 1 FRAME ASSEMBLY

PART NAME	QTY
50 5/16" X 2 1/4" CARRIAGE BOLT	1
51 5/16" X 2 1/2" HEX HEAD BOLT	1
65 5/16" X 2 1/2" CARRIAGE BOLT	3
66 5/16" X 2 1/4" HEX HEAD BOLT	1
70 5/16" FLAT WASHER	6
71 5/16" NYLON LOCK NUT	6
77 1/2" LONG SPACER	1
80 2" SQUARE FOOT CAP	4
81 1 1/4" SQUARE PLASTIC CAP	1
95 1" ROUND PLASTIC CAP	2

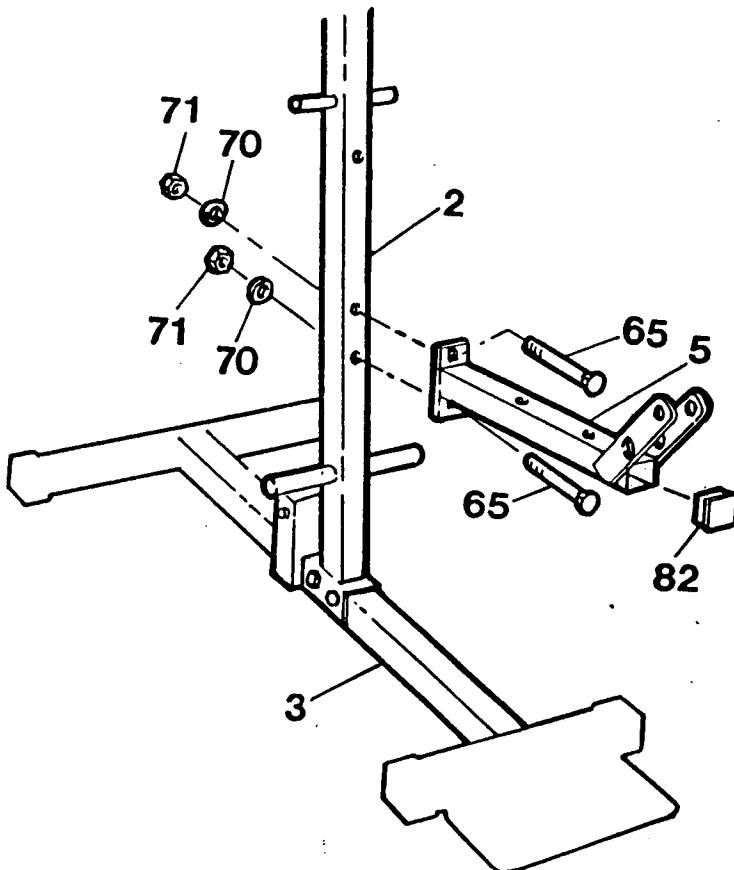
- NOTICE:** The side of BASE (3) that has the dimpled hole will be the side that is faced toward the floor.
- Press 2" SQUARE FOOT CAPS (80) onto ends of BASE (3).
- Attach BASE PLATE (4) to front of BASE (3) using 5/16" X 2 1/2" CARRIAGE BOLTS (65), 5/16" FLAT WASHERS (70), and 5/16" NYLON LOCK NUTS (71).
- Assemble MAST BOTTOM SECTION (2) to BASE (3) making sure to align bolt holes. Secure with 5/16" X 2 1/4" HEX HEAD BOLT (66) and 5/16" NYLON LOCK NUT (71) through bottom of BASE (3) (dimpled hole) and "U" Bracket of MAST BOTTOM SECTION (2). Secure also with 5/16" X 2 1/2" CARRIAGE BOLT (65) through side of "U" Bracket that has a square hole and tighten on a 5/16" NYLON LOCK NUT (71).
- Insert MAST TOP SECTION (1) into MAST BOTTOM SECTION (2) making sure that the angled portion faces to the front toward the Base Plate.
- Secure MAST TOP SECTION (1) with 5/16" X 2 1/4" CARRIAGE BOLT (50), 5/16" FLAT WASHER (70), and 5/16" NYLON LOCK NUT (71).
- Press 1 1/4" SQUARE PLASTIC CAP (81) into small straight tube on front of MAST TOP SECTION (1).
- Press 1" ROUND PLASTIC CAPS (95) into STEPPER HANDLE (35) and center into large lower hole in MAST TOP SECTION (1).
- Place a 5/16" FLAT WASHER (70) and a 1/2" LONG SPACER (77) onto a 5/16" X 2 1/2" HEX HEAD BOLT (51) and assemble through the square tube of the Mast Top Section and into the Stepper Handle. Make sure the 1/2" LONG SPACER (77) is inside the square tube and against the Stepper Handle.
- Secure with a 5/16" FLAT WASHER (70) and a 5/16" NYLON LOCK NUT (71).
- Apply STATION 1 DECAL (40) in position shown on MAST TOP SECTION (1).



## STEP 2 SEAT FRAME

PART NAME	QTY
65 5/16" X 2 1/2" CARRIAGE BOLT	2
70 5/16" FLAT WASHER	2
71 5/16" NYLON LOCK NUT	2
82 2" SQUARE PLASTIC CAP	1

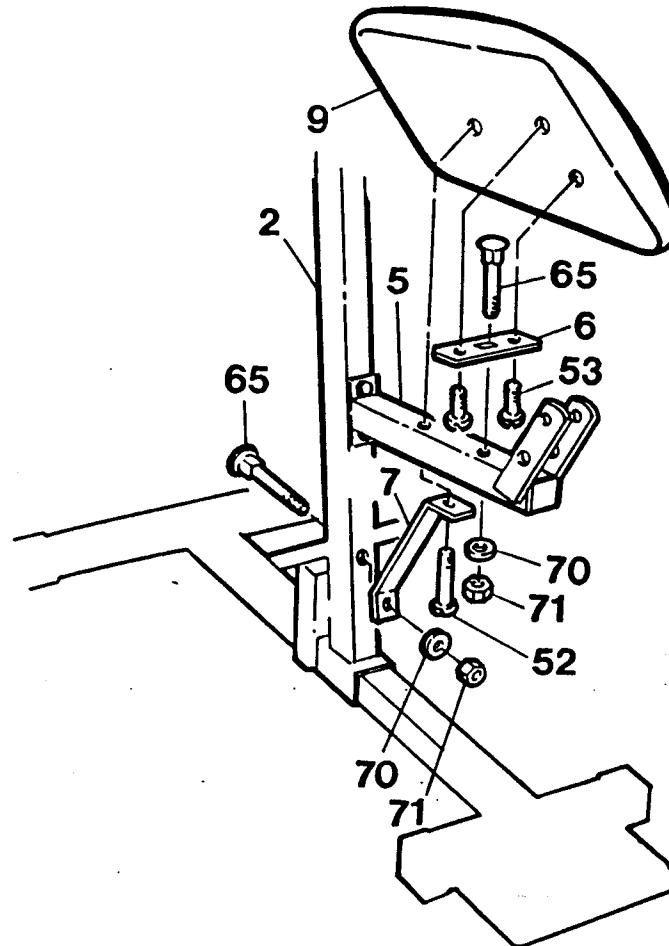
- Attach SEAT FRAME (5) to MAST BOTTOM SECTION (2) using 5/16" X 2 1/2" CARRIAGE BOLTS (65), 5/16" FLAT WASHERS (70), and 5/16" NYLON LOCK NUTS (71). Note that the carriage bolts must be inserted through the square holes of the flat plate of the Seat Frame first then through the Mast Bottom Section Tube.
- Press 2" SQUARE PLASTIC CAP (82) into end of SEAT FRAME (5).



## STEP 3 SEAT ASSEMBLY

PART NAME	QTY
52 1/4" X 2 3/4" MACHINE SCREW	1
53 1/4" X 3/4" MACHINE SCREW	2
65 5/16" X 2 1/2" CARRIAGE BOLT	2
70 5/16" FLAT WASHER	2
71 5/16" NYLON LOCK NUT	2

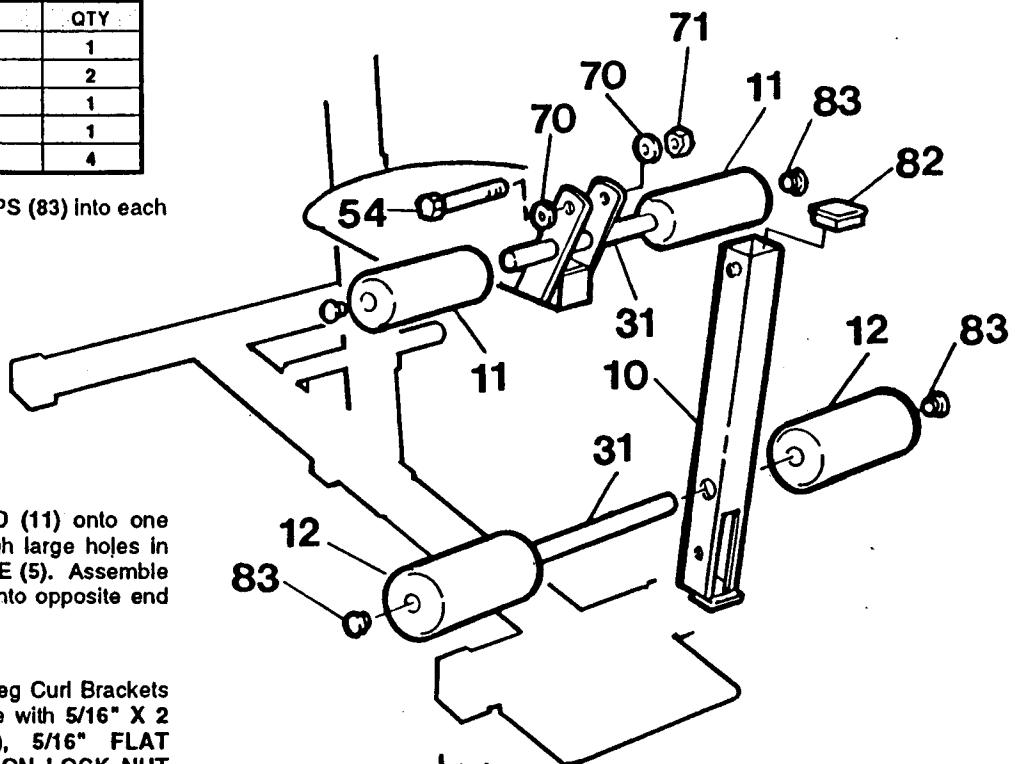
- Attach MOUNTING PLATE (6) to front hole of SEAT FRAME (5) using 5/16" X 2 1/2" CARRIAGE BOLT (65), 5/16" FLAT WASHER (70), and 5/16" NYLON LOCK NUT (71). This bolt should be left slightly loose to allow positioning when attaching seat.
- Position SEAT (9) onto SEAT FRAME (5) with single hole to the rear. Align bolt holes.
- Attach SEAT BRACE (7) to bottom of SEAT FRAME (5) using 1/4" X 2 3/4" MACHINE SCREW (52) going through and fastening into SEAT (9). Do not tighten this bolt.
- Align bolt holes of MOUNTING PLATE (6) with bolt holes on bottom of SEAT (9) and attach with 1/4" X 3/4" MACHINE SCREWS (53).
- Tighten front 5/16" X 2 1/2" CARRIAGE BOLT (65) on SEAT FRAME (5).
- Secure bottom of SEAT BRACE (7) to MAST BOTTOM SECTION (2) using 5/16" X 2 1/2" CARRIAGE BOLT (65), 5/16" FLAT WASHER (70), and 5/16" NYLON LOCK NUT (71). This bolt must be inserted into square hole from the back of MAST BOTTOM SECTION (2) then through SEAT BRACE (7).
- Tighten all bolts left previously untightened.



## STEP 4 LEG EXTENSION ASSEMBLY

PART NAME	QTY
54 5/16" X 2 3/4" HEX HEAD BOLT	1
70 5/16" FLAT WASHER	2
71 5/16" NYLON LOCK NUT	1
82 2" SQUARE PLASTIC CAP	1
83 3/4" ROUND PLASTIC CAP	4

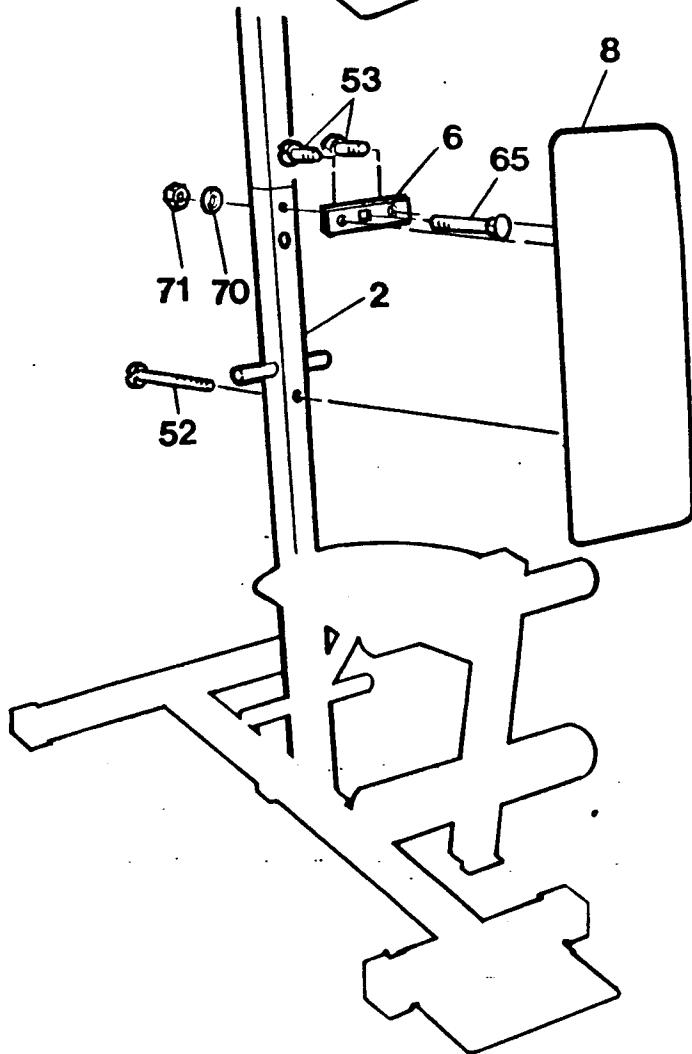
- Press 3/4" ROUND PLASTIC CAPS (83) into each end of both PAD BARS (31).
- Apply a small amount of liquid dish detergent onto each end of the Pad Bars to act as a lubricant. When the detergent dries it will also act as an adhesive.
- Assemble a SMALL FOAM PAD (11) onto one PAD BAR (31) and insert through large holes in leg curl brackets on SEAT FRAME (5). Assemble other SMALL FOAM PAD (11) onto opposite end of PAD BAR (31).
- Align LEG EXTENSION (10) in Leg Curl Brackets on SEAT FRAME (5) and secure with 5/16" X 2 3/4" HEX HEAD BOLT (54), 5/16" FLAT WASHERS (70), and 5/16" NYLON LOCK NUT (71).
- Assemble LARGE FOAM PAD (12) onto another PAD BAR (31) and insert through large holes in LEG EXTENSION (10) and assemble on another LARGE FOAM PAD (12).
- Press 2" SQUARE PLASTIC CAP (82) into top of LEG EXTENSION (10)



## STEP 5 BACKREST ASSEMBLY

PART NAME	QTY
52 1/4" X 2 3/4" MACHINE SCREW	1
53 1/4" X 3/4" MACHINE SCREW	2
65 5/16" X 2 1/2" CARRIAGE BOLT	1
70 5/16" FLAT WASHER	1
71 5/16" NYLON LOCK NUT	1

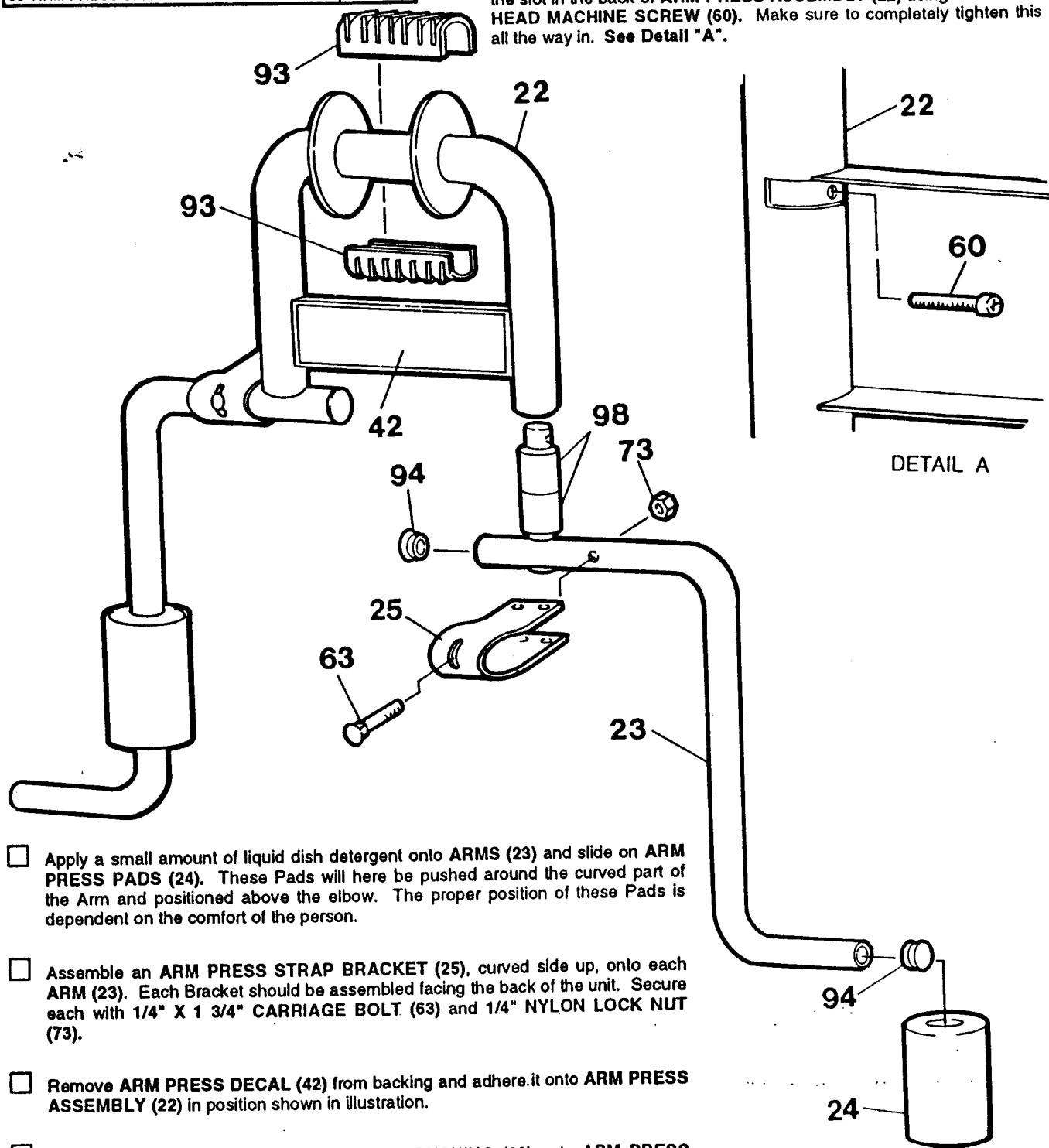
- Attach MOUNTING PLATE (6) to top hole in MAST BOTTOM SECTION (2) using 5/16" X 2 1/2" CARRIAGE BOLT (65), 5/16" FLAT WASHER (70), and 5/16" NYLON LOCK NUT (71). Do not tighten this bolt.
- Align bolt holes of MOUNTING PLATE (6) with bolt holes of BACKREST (8) and secure with 1/4" X 3/4" MACHINE SCREWS (53).
- Align lower single hole of BACKREST (8) with hole in MAST BOTTOM SECTION (2) and secure with 1/4" X 2 3/4" MACHINE SCREW (52).
- Tighten all bolts.



## STEP 6 ARM PRESS ASSEMBLY

PART NAME	QTY
60 1/4" X 1" FLAT HEAD MACHINE SCREW	2
63 1/4" X 1 3/4" CARRIAGE BOLT	2
73 1/4" NYLON LOCK NUT	2
94 1 1/4" ROUND PLASTIC CAP	4
93 ARM PRESS BUSHING	2
98 ARM PRESS SPACER	4

- Press 1 1/4" ROUND PLASTIC CAPS (94) into each end of each ARM (23).
- If ARM PRESS SPACERS (98) have not been pre-assembled onto ARMS (23) then two each of these must be assembled onto the welded upright tube of the ARM (23). Slide each ARM (23) into the ARM PRESS ASSEMBLY (22) assembling them as a right and left. Secure each from the slot in the back of ARM PRESS ASSEMBLY (22) using 1/4" X 1" FLAT HEAD MACHINE SCREW (60). Make sure to completely tighten this bolt all the way in. See Detail "A".

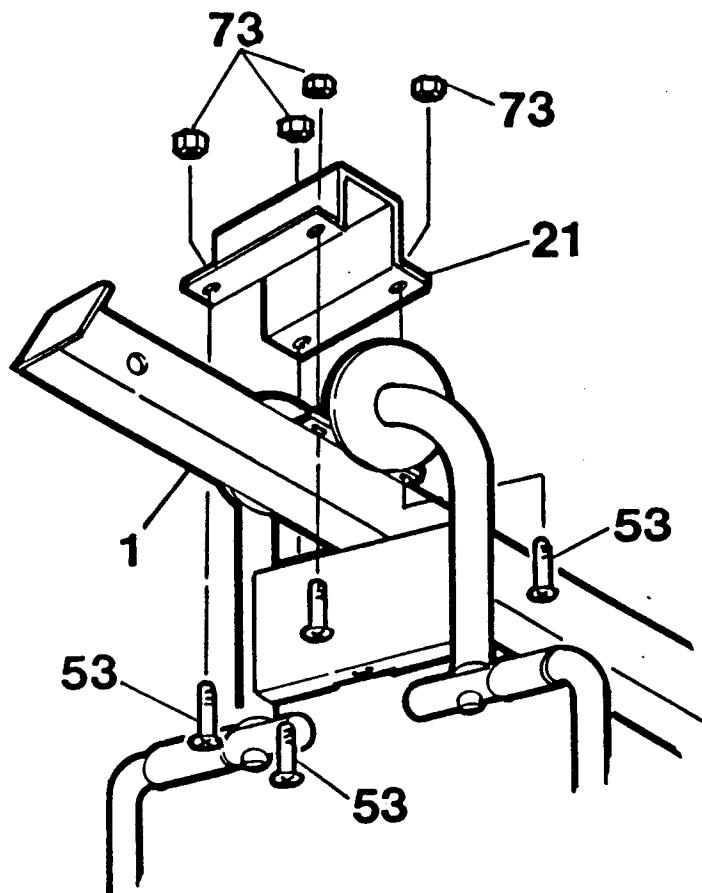


- Apply a small amount of liquid dish detergent onto ARMS (23) and slide on ARM PRESS PADS (24). These Pads will here be pushed around the curved part of the Arm and positioned above the elbow. The proper position of these Pads is dependent on the comfort of the person.
- Assemble an ARM PRESS STRAP BRACKET (25), curved side up, onto each ARM (23). Each Bracket should be assembled facing the back of the unit. Secure each with 1/4" X 1 3/4" CARRIAGE BOLT (63) and 1/4" NYLON LOCK NUT (73).
- Remove ARM PRESS DECAL (42) from backing and adhere it onto ARM PRESS ASSEMBLY (22) in position shown in illustration.
- Press the two sections of the ARM PRESS BUSHING (93) onto ARM PRESS ASSEMBLY (22) between the two large welded washers. These Bushing will not snap tight to the surface so they will have to be held tight as complete assembly is placed on the MAST TOP SECTION (1).

## STEP 7 ARM PRESS

PART NAME	QTY
53 1/4" X 3/4" MACHINE SCREW	4
73 1/4" NYLON LOCK NUT	4

- Lift Arm Press unit over the end of MAST TOP SECTION (1) and align on flat welded bracket.
- Place ARM PRESS CAP (21) on top of Arm Press unit aligning bolt holes. Caution: Double check the Arm Press Bushing Sections to insure they are setting squarely against the bracket.
- Secure ARM PRESS CAP (21) to bracket with four 1/4" X 3/4" MACHINE SCREWS (53) and 1/4" NYLON LOCK NUTS (73). These bolts should be inserted from the bottom for ease in assembly and tightening. Check to make sure the Arm Press Assembly swings freely without binding. If it appears that there is some stiffness loosen these bolts slightly.

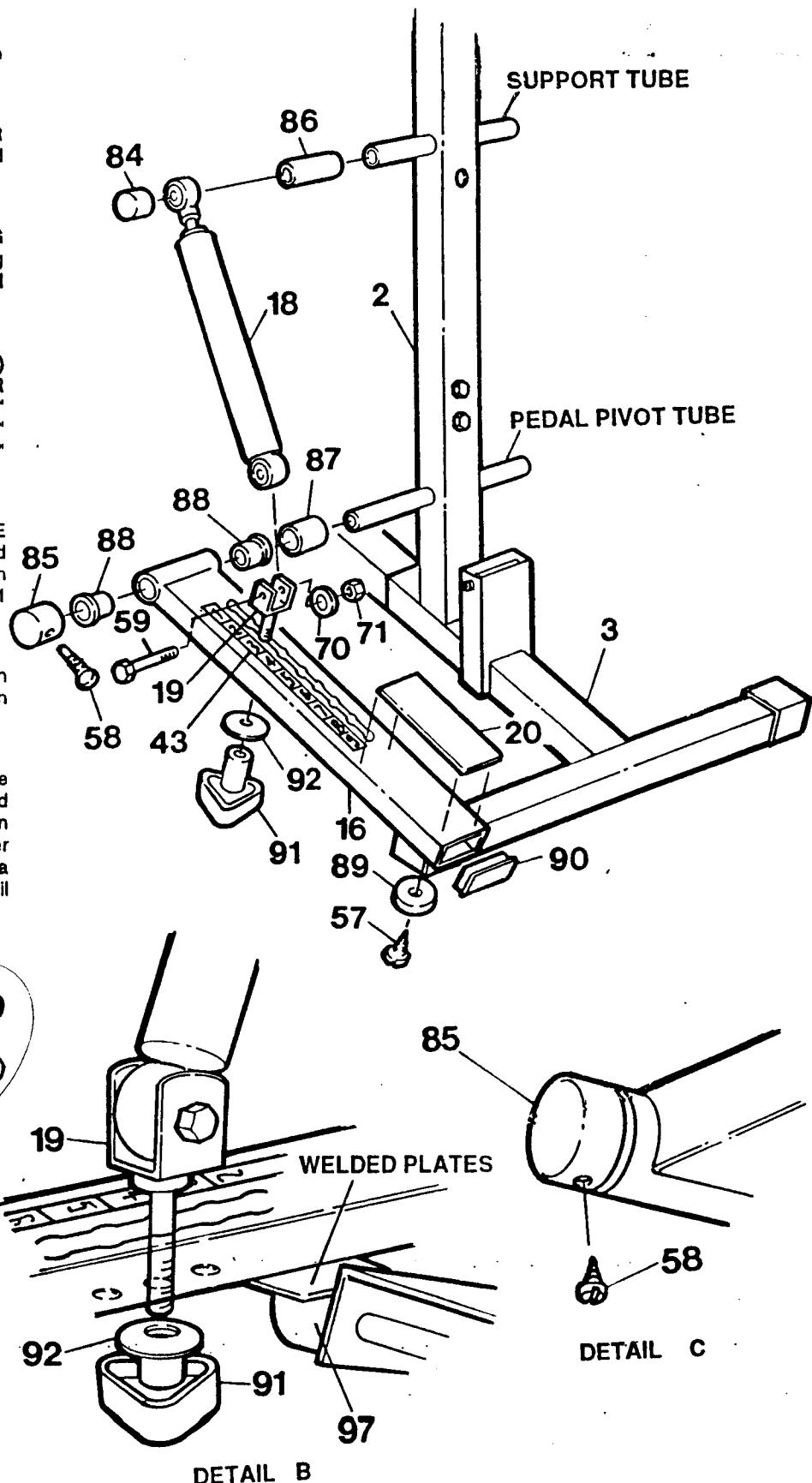


## STEP 8 STEPPER ASSEMBLY

PART NAME	QTY
57 3/16" X 1 1/2" SHEET METAL SCREW	2
58 3/16" X 3/4" MACHINE SCREW	2
59 5/16" X 1 1/2" HEX HEAD BOLT	2
61 3/8" X 4 1/4" HEX HEAD BOLT	1
69 3/8" JAM NUT	3
70 5/16" FLAT WASHER	2
71 5/16" NYLON LOCK NUT	2
84 5/8" TUBE CAP	2
85 1" TUBE CAP	2
86 5/8" SPACER	2
87 1" SPACER	2
88 PEDAL INSERT BUSHING	4
89 RUBBER BUMPER	2
90 1 1/2" X 3" PLASTIC CAP	2
91 TENSION KNOB	2
92 LARGE WASHER	2

- To PEDAL ROCKER ARM (17) assemble NYLON WHEELS (97) onto threaded posts using 3/8" JAM NUTS (69). Tighten securely but allow the wheels to turn free.
- Bolt PEDAL ROCKER ARM (17) to post on BASE (3) using 3/8" X 4 1/4" HEX HEAD BOLT (61) and 3/8" JAM NUT (69). Again, tighten securely but allow Rocker Arm to rock freely. See Detail "A".
- To RIGHT PEDAL (15) and LEFT PEDAL (16) attach a RUBBER BUMPER (89) to the bottom using a 3/16" X 1 1/2" SHEET METAL SCREW (57).
- Assemble 1" SPACER (87) onto Pedal Pivot Tube.
- Press PEDAL INSERT BUSHINGS (88) into each end of Pedal Pivot Housing.
- Double check to be certain that the correct Pedals are on the proper sides of the frame and then slide Pedals onto Pedal Pivot Tube positioning pedals atop PEDAL ROCKER ARM (17) so that the welded plates on the bottom of the pedals are sitting on the NYLON WHEELS (97). See Detail "B".
- Press 1" TUBE CAP (85) onto ends of Pivot Tube so that screw hole in cap aligns with the hole in the Pivot Tube. Attach with 3/16" X 3/4" MACHINE SCREW (58). See Detail "C".

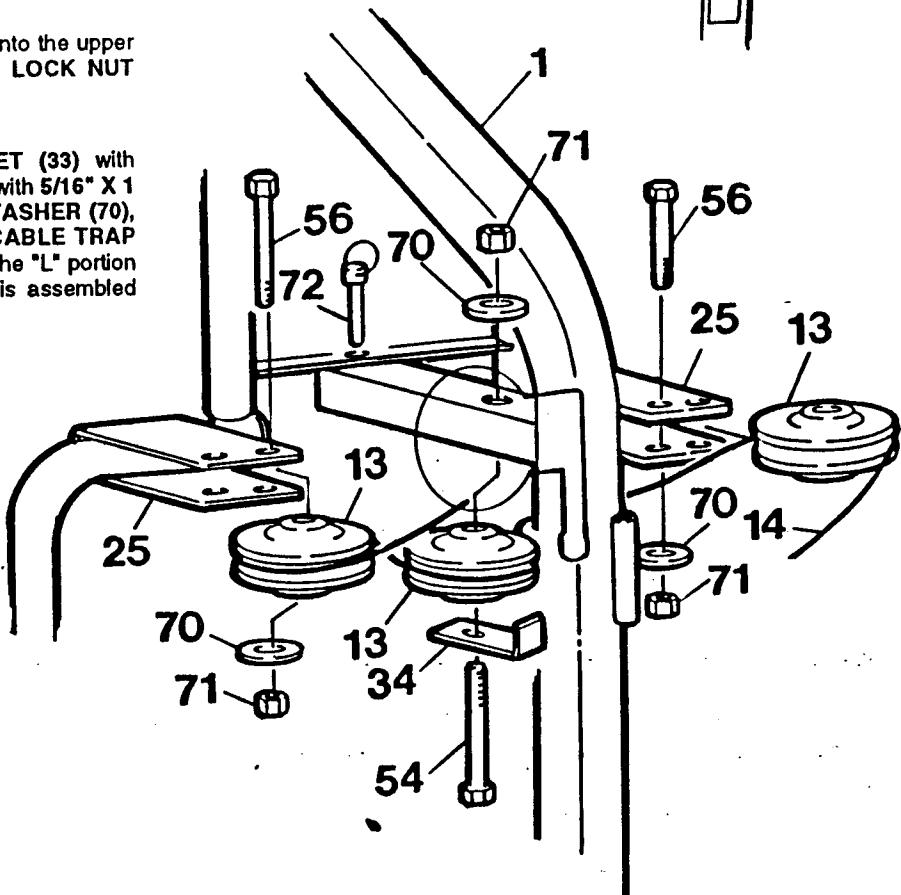
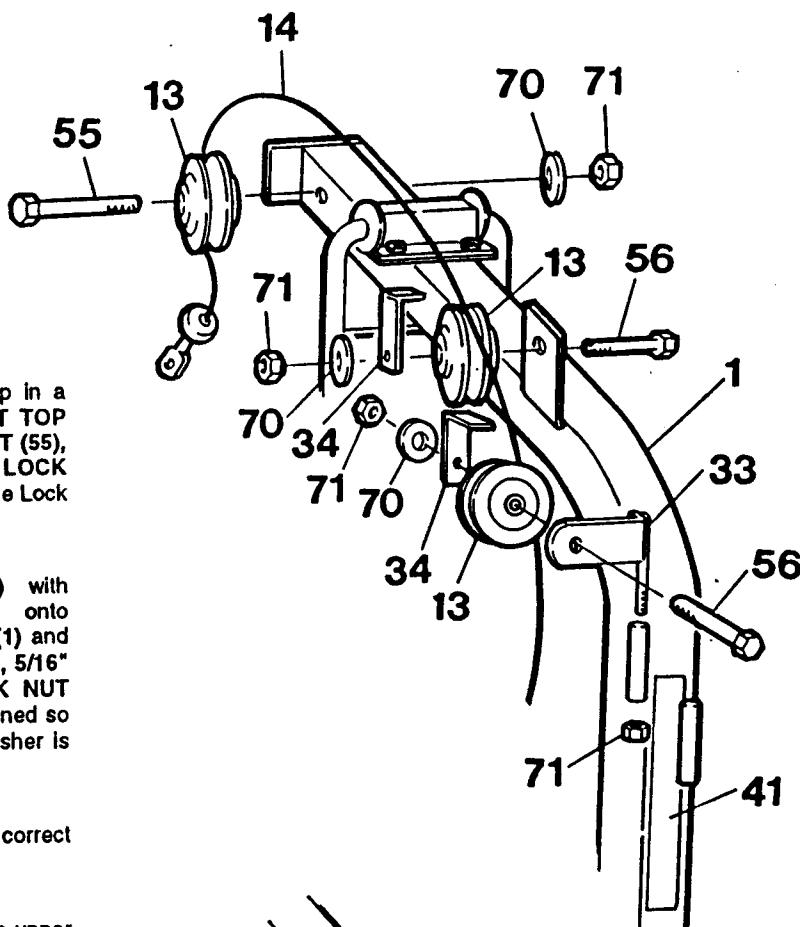
- Cap ends of Pedals with 1 1/2" X 3" PLASTIC CAPS (90).
- Slide a 5/8" SPACER (86) onto the support tube.
- Assemble RESISTANCE CYLINDER (18) onto the support tube and cap end of tube with 5/8" TUBE CAP (84).
- Assemble CYLINDER MOUNTING BRACKETS (19) loosely to Pedals using LARGE WASHERS (92) and TENSION KNOBS (91).
- Attach RESISTANCE CYLINDERS (18) to Pedals by bolting into CYLINDER MOUNTING BRACKETS (19) with 5/16" X 1 1/2" HEX HEAD BOLTS (59), 5/16" FLAT WASHERS (70), and 5/16" NYLON LOCK NUTS (71).
- Remove STEPPER RESISTANCE SCALE DECALS (43) from backing and attach decals to pedals so they align with hole settings on pedals. Setting 1 should be to the front of the pedal.
- Remove backing from adhesive strips on NON-SLIP FOOT PADS (20) and attach to rear of pedals.
- After pedals are attached to resistance cylinders the resistance can be changed by loosening TENSION KNOBS (91) on pedals and moving cylinder to another setting and re-assembling knob at a desired resistance setting. See Detail "B".



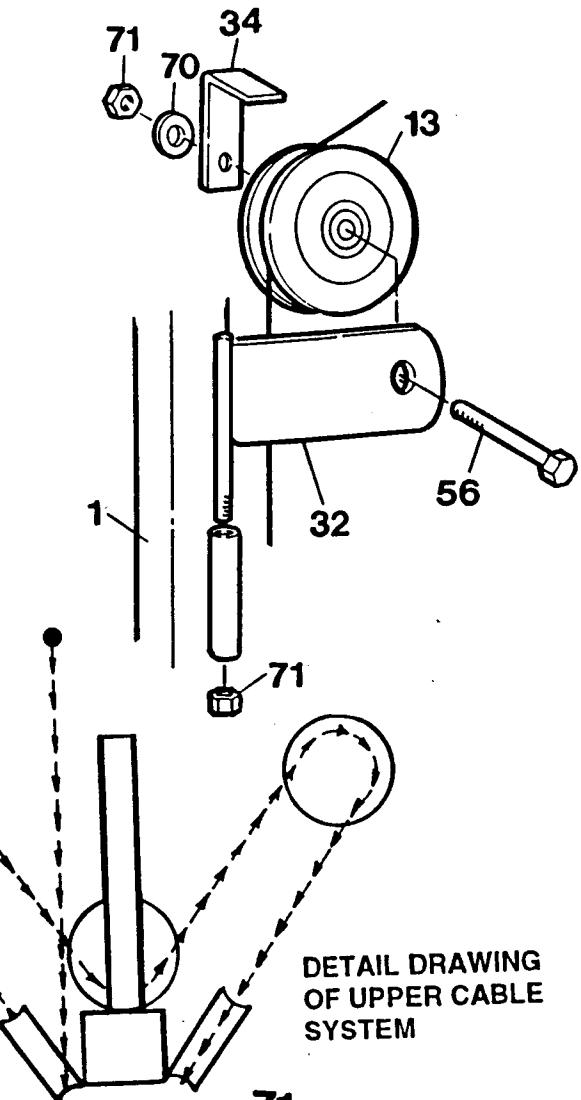
## STEP 9 PULLEYS &amp; CABLES

PART NAME	QTY
54 5/16" X 2 3/4" HEX HEAD BOLT	1
55 5/16" X 3 1/2" HEX HEAD BOLT	1
56 5/16" X 1 3/4" HEX HEAD BOLT	7
62 5/16" X 4 1/2" HEX HEAD BOLT	1
64 5/16" X 2 3/8" HEX HEAD BOLT	1
68 3/8" NYLON LOCK NUT	1
70 5/16" FLAT WASHER	12
71 5/16" NYLON LOCK NUT	14
72 PIN	2
76 1/4" LONG SPACER	2

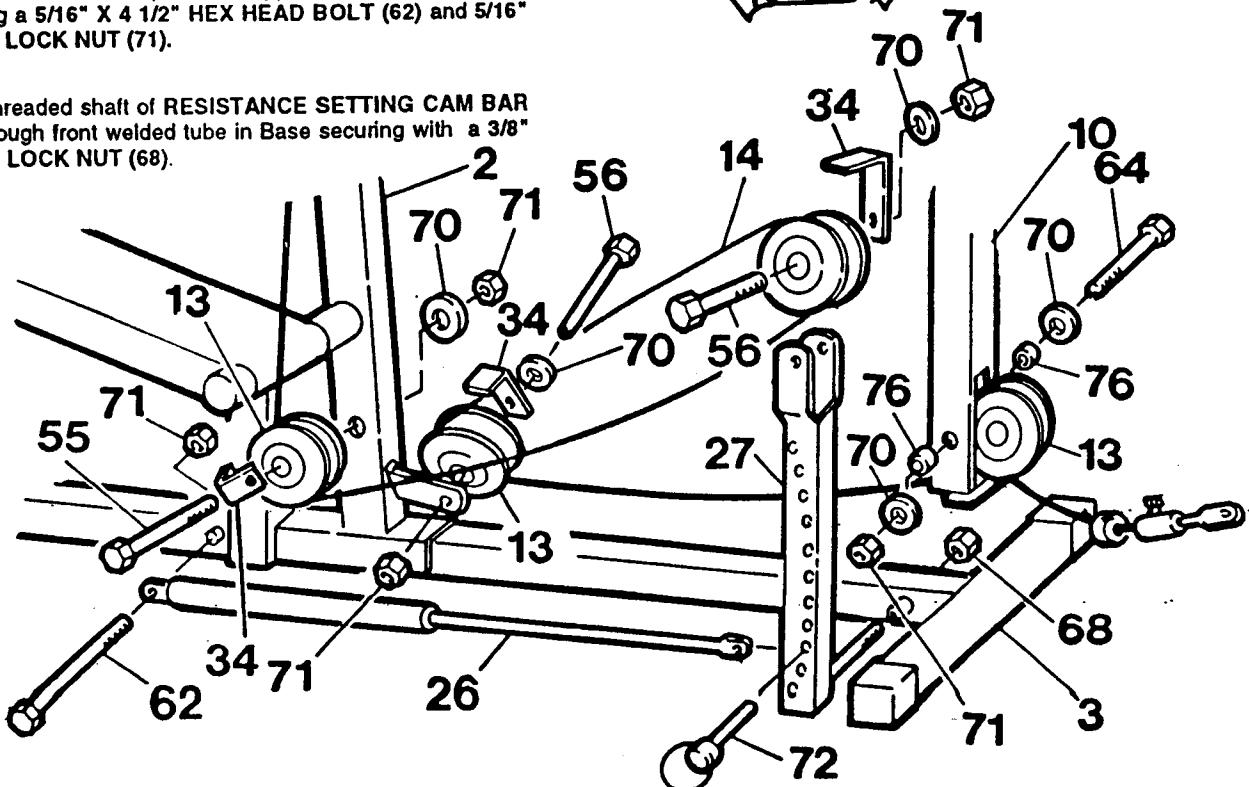
- Trapping CABLE (14) end with Rubber Ball Stop in a PULLEY (13), attach Pulley to first hole in MAST TOP SECTION (1) with 5/16" X 3 1/2" HEX HEAD BOLT (55), 5/16" FLAT WASHER (70), and 5/16" NYLON LOCK NUT (71). The Flat Washer is assembled against the Lock Nut.
- Trap CABLE (14) into groove in PULLEY (13) with CABLE TRAP BRACKET (34) and assemble onto welded bracket on top of MAST TOP SECTION (1) and secure with 5/16" X 1 3/4" HEX HEAD BOLT (56), 5/16" FLAT WASHER (70), and 5/16" NYLON LOCK NUT (71). Make sure the Cable Trap Bracket is positioned so that the "L" is on top of the Pulley. The Flat Washer is assembled against the Lock Nut.
- Take time to look at the illustration and select the correct Pulley Bracket.
- Secure the LEFT PULLEY BRACKET (33) into the upper left-hand welded tube using 5/16" NYLON LOCK NUT (71).
- Trap cable into LEFT PULLEY BRACKET (33) with CABLE TRAP BRACKET (34) and secure with 5/16" X 1 3/4" HEX HEAD BOLT (56), 5/16" FLAT WASHER (70), and 5/16" NYLON LOCK NUT (71). The CABLE TRAP BRACKET (34) must be positioned so that the "L" portion is on top of the Pulley. The Flat Washer is assembled against the Lock Nut.
- Remove the STATION 2 DECAL (41) from the backing and apply to the MAST TOP SECTION (1) about 3 inches below the bend.
- Bring the Cable forward to the Left-side ARM PRESS STRAP BRACKET (25). Trap the Cable into PULLEY (13) and secure into the inside hole of Strap Bracket using 5/16" X 1 3/4" HEX HEAD BOLT (56), 5/16" FLAT WASHER (70), and 5/16" NYLON LOCK NUT (71). The Flat Washer is assembled between the bottom side of the strap bracket and the Lock Nut.
- PIN (52) shown for clarity only in this step is used to lock the Arm Press Assembly when doing Butterfly Exercises



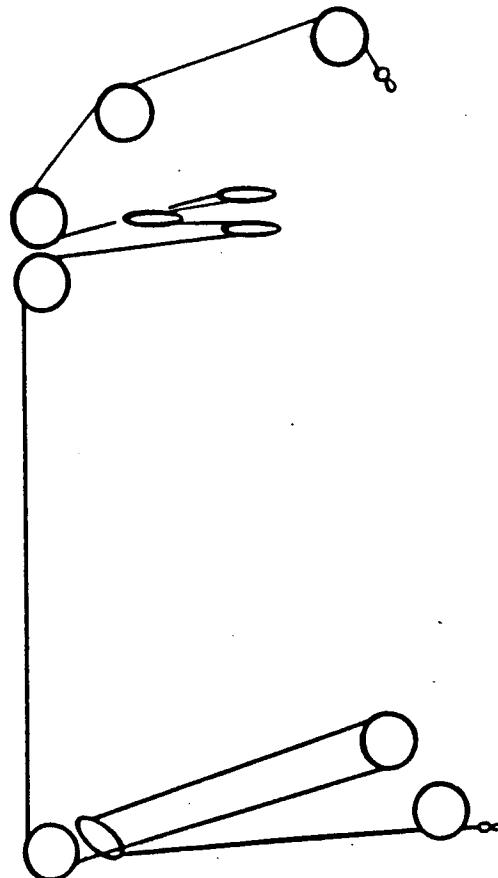
- Pulling the Cable toward the rear and center of the unit, assemble another PULLEY (13) into the cable with CABLE TRAP BRACKET (34) and secure into hole toward the rear of straight tube on MAST TOP SECTION (1) using 5/16" X 2 3/4" HEX HEAD BOLT (54), 5/16" FLAT WASHER (70), and 5/16" NYLON LOCK NUT (71). The CABLE TRAP BRACKET (34) must be positioned between the bolt head and the Pulley and the "L" shaped end is faced toward the rear of the unit. The Flat Washer is assembled between the straight welded tube and the Lock Nut.
- Assemble another PULLEY (13) into the cable and secure into right-side ARM PRESS STRAP BRACKET (25) using 5/16" X 1 3/4" HEX HEAD BOLT (56), 5/16" FLAT WASHER (70), and 5/16" NYLON LOCK NUT (71). The Flat Washer is assembled between the bottom of the Strap Bracket and the Lock Nut.
- Secure the RIGHT PULLEY BRACKET (32) into the lower right-hand welded tube using 5/16" NYLON LOCK NUT (71).
- Trap the Cable into another Pulley with CABLE TRAP BRACKET (34) and bolt into RIGHT PULLEY BRACKET (32) with 5/16" X 1 3/4" HEX HEAD BOLT (56), 5/16" FLAT WASHER (70), and 5/16" NYLON LOCK NUT (71). Again make sure the "L" portion of the Cable Trap Bracket is positioned on top of the Pulley.
- Pull the Cable down to the bottom end of MAST BOTTOM SECTION (2) and trap into another Pulley with CABLE TRAP BRACKET (34). Secure with 5/16" X 3 1/2" HEX HEAD BOLT (55), 5/16" FLAT WASHER (70), and 5/16" NYLON LOCK NUT (71). The "L" portion of the Cable Trap Bracket will be faced toward the rear of the unit. The Flat Washer is assembled between the Mast and the Lock Nut.
- Bolt bottom end of GAS SHOCK (26) into welded tube located behind welded post for stepper rocker-arm on BASE (3) using a 5/16" X 4 1/2" HEX HEAD BOLT (62) and 5/16" NYLON LOCK NUT (71).
- Insert threaded shaft of RESISTANCE SETTING CAM BAR (27) through front welded tube in Base securing with a 3/8" NYLON LOCK NUT (68).



## DETAIL DRAWING OF UPPER CABLE SYSTEM



- Wrap CABLE (14) around PULLEY (13) trapping with another CABLE TRAP BRACKET (34) making sure the Cable is routed under the Pulley and exits over the top of the Pulley toward the rear of the unit. Secure PULLEY (13) into CAM BAR (27) using 5/16" X 1 3/4" HEX HEAD BOLT (56), 5/16" FLAT WASHER (70), and 5/16" NYLON LOCK NUT (71). The Cable Trap Bracket will be positioned so that the "L" portion is on top of the Pulley.



- Take the Cable rearward toward the slanted bracket welded to the Mast and trap into another Pulley with CABLE TRAP BRACKET (34). Secure with 5/16" X 1 3/4" HEX HEAD BOLT (56), 5/16" FLAT WASHER (70), and 5/16" NYLON LOCK NUT (71). The "L" portion of the Cable Trap Bracket should be placed on top and to the rear of the Pulley. The Flat Washer is assembled between the bolt head and the Pulley.

- Bring the Cable forward to the front of the unit and through the slot in LEG EXTENSION (10).

- Position PULLEY (13) in the slot on LEG EXTENSION (10) making sure cable is centered in Pulley groove.

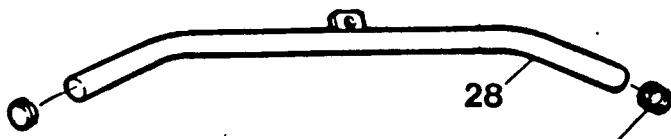
- Place 5/16" FLAT WASHER (70) and 1/4" LONG SPACER (76) onto 5/16" X 2 3/8" HEX HEAD BOLT (64) and insert through Leg Extension tube and PULLEY (13). Assemble on another 1/4" LONG SPACER (76) and 5/16" FLAT WASHER (70).

- Making sure both Spacers are inside the Leg Extension tube, tighten on a 5/16" NYLON LOCK NUT (71).

- Raise loose end of GAS SHOCK (26) up to the HIGHEST OR 110 LB setting hole in CAM BAR (27) and insert PIN (72) through bar to hold Shock. This step MUST be followed so that all the slack in the Cable can be removed.

- Check all Pulleys making sure CABLE (14) is properly seated in groove. Pull CABLE (14) tight at Leg Extension tube Pulley. Slide Rubber Ball Stop back against Pulley. Then slide Cable Stop back against Rubber Ball Stop and tighten firmly.

## THERE ARE SEVERAL ACCESSORY ITEMS INCLUDED WITH THE HOME GYM

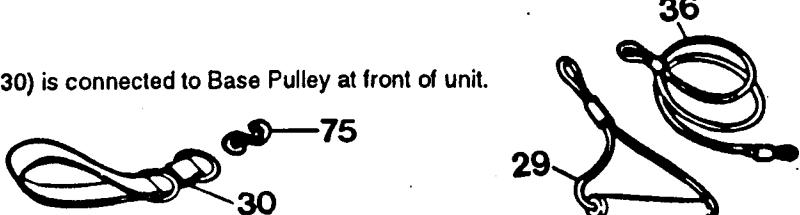


### LAT BAR:

- » To LAT BAR (28) press 1" ROUND PLASTIC COVER CAPS (96) onto each end of Bar.
- » To use Lat Bar, connect to Cable at Top Mast Tube with LARGE S-HOOK (75). This Bar is used to do all Lat Pull-Down Exercises.

### ANKLE STRAP:

- » Using LARGE "S" HOOK (75), ANKLE STRAP (30) is connected to Base Pulley at front of unit.
- » This accessory is used for all Leg Exercises.



### DUMBBELL HANDLE:

- » Connect DUMBBELL HANDLE (29) to Base Pulley to perform single Arm Curls, and Side Lateral Raises.

- » Note: Many of the exercises performed with these accessories may need to be connected with the use of the ACCESSORY ROPE (36) and SMALL "S" HOOK (74) as desired to give proper distancing from unit.

# CONDITIONING GUIDELINES

14

The following guidelines will help you to plan and regulate your personal fitness program. Remember that adequate rest and good nutrition are also essential to the success of any fitness program. **BEFORE BEGINNING THIS OR ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN!**

## EXERCISE INTENSITY

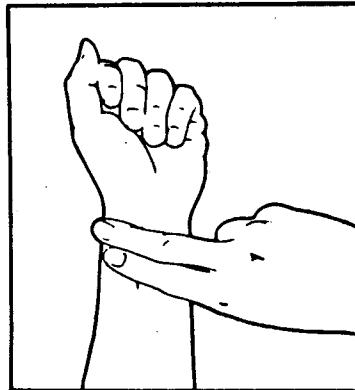
To maximize the benefits from exercising, your level of exertion must exceed mild demands while falling short of causing breathlessness and fatigue. The proper level of exertion can be determined using the heart rate as a guide. For effective aerobic exercise, the heart rate must be maintained at a level between 70% and 85% of your maximum heart rate. This is your "Training Zone". You can determine your Training Zone by consulting the table below. Training Zones are listed for both conditioned and unconditioned persons according to age. Use the column that is appropriate for you.

AGE	UNCONDITIONED TRAINING ZONE (BEATS/MIN)	CONDITIONED TRAINING ZONE (BEATS/MIN)
20	138-167	133-162
25	136-166	132-160
30	135-164	130-158
35	134-162	129-156
40	132-161	127-155
45	131-159	125-153
50	129-156	124-150

AGE	UNCONDITIONED TRAINING ZONE (BEATS/MIN)	CONDITIONED TRAINING ZONE (BEATS/MIN)
55	127-155	122-149
60	126-153	121-147
65	125-151	119-145
70	123-150	118-144
75	122-147	117-142
80	120-146	115-140
85	118-144	114-139

During the first few weeks of your exercise program, you should keep your heart rate near the low end of your Training Zone. Over the course of a few months, gradually increase your heart rate until it reaches the high end of your Training Zone. As your condition improves, a greater workload will be required in order to raise your heart rate to your Training Zone.

The easiest way to measure your heart rate is to stop exercising and place two fingers on your wrist where you feel a pulse. Carefully take a six-second heart beat count. (A six-second count is used because your heart rate will drop rapidly after you stop exercising.) Add a 0 to the result to find your heart rate. Compare your heart rate to your Training Zone. If your heart rate is too low, increase your level of exertion. If your heart rate is too high, decrease your level of exertion.



## WORKOUT PATTERN

Each workout should consist of 5 basic parts: 1. AT REST, 2. WARMING-UP, 3. TRAINING ZONE EXERCISE, 4. COOLING-DOWN, 5. AT REST.

Warming up is an important part of every workout. Warming up prepares the body for more strenuous exercise by increasing circulation, delivering more oxygen to the muscles, and raising the body temperature. This can be done by stretching for 5-10 minutes prior to exercising.

After warming up, begin exercising at a low intensity level for a few minutes. Then increase the intensity to raise your heart rate to your Training Zone for a period of 20-30 minutes.

Cooling down after vigorous exercise is important in aiding circulation and preventing soreness. 5-10 minutes of stretching or light exercise will allow the body to cool down.

To maintain or improve your condition, you must work out 2-3 times per week following the pattern described above. A day of rest between workouts is recommended. After several months of exercise, the number of workouts can be increased to 4-5 times per week. The key to a successful program is **REGULAR** exercise.

### SUGGESTED STRETCHES

The following stretches provide a good warm-up, or cool-down. Move slowly as you stretch - never bounce.

#### HAM STRING STRETCH

Sit with one leg extended. Bring the sole of the opposite foot toward you, resting it against the extended leg's inner thigh. Stretch toward your toe as far as possible, hold for 15 counts, then relax. Repeat three times for both legs.



Stretches: Hamstrings, lower back and groin

#### INNER THIGH STRETCH

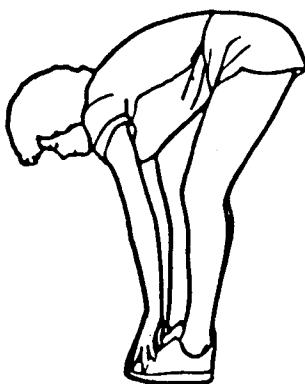
Sit with the soles of your feet together and knees pointing outward. Pull your feet as close into the groin area as possible. Hold for 15 counts, then relax. Repeat three times.



Stretches: Quadriceps, hip muscles

#### TOE TOUCHES

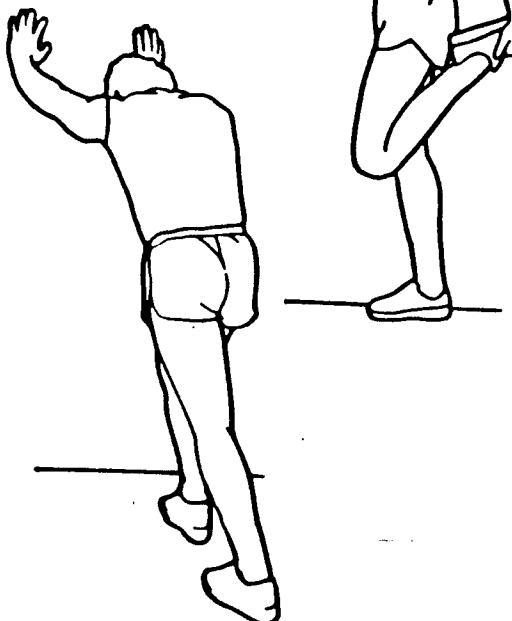
Standing with your knees bent slightly, slowly bend forward from the hips. Allow your back and shoulders to relax as you stretch down toward your toes. Go as far as you can and hold for 15 counts, then relax. Repeat three times.



Stretches: Hamstrings, back of knees, back

#### QUADRICEPS STRETCH

With one hand against a wall for balance, reach behind you and pull up your foot. Bring your heel as close to your buttocks as possible. Hold for 15 counts. Repeat.



Stretches: Quadriceps, Hip Muscles

#### CALF/ACHILLES STRETCH

With one leg in front of the other and arms out, lean against the wall. Keep your back leg straight and back foot flat on the ground; then bend the front leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side. To cause even further stretching of the Achilles tendons, slightly bend back leg as well.

Stretches: Calves, Achilles Tendons, and Ankles